

Independent National and Network Radio

All stations broadcast 24 hours a day and are based in London, except where otherwise stated.

See Digital section for details of DAB multiplexes. FM and AM transmitters are listed in the local radio section, apart from Absolute Radio, Classic FM and Talk Radio. Satellite channels beginning with 0 are for the Sky EPG; those beginning with 7 are for the Freesat EPG.

ABSOLUTE RADIO

Format: Rock Music

Broadcaster: TIML

AM: 1197, 1215, 1233, 1242, 1260 kHz MW, see table

DAB: Digital One national multiplex

Satellite 0107/724, Cable 915

Airdate: 30/4/1993 as Virgin Radio. London FM service added 10/4/1995. Absolute from 29/9/2008

Area	105.8 kHz Site	4 kW
London area	1215 Crystal Palace	125
London, Herts, Essex, S Beds	1197 Brookmans Park	2
N & W Kent, S & Central Essex	1233 Hoo	0.125
North Sussex and East Surrey	1260 Gatwick	0.5
West Surrey and NE Hampshire	1233 Guildford	0.16
Reading area	1260 Reading	1
South East Kent & S East Sussex	1197 Lydd	1.1
Brighton and South Sussex	1215 Southwick, Brighton	1
S Hampshire & Isle of Wight	1197 Fareham	0.5
Bournemouth area	1197 Bournemouth	1
Torbay area	1215 Occombe, Torbay	1.1
Plymouth area	1215 Plumer Barracks	2
West Cornwall	1215 Redruth	100
South Wales, Avon, Somerset	1197 Washford	0.3
Gloucestershire	1233 Gloucester	0.1
Swindon area	1215 Swindon	105
Western Midlands Region	1197 Droitwich	0.25
Oxfordshire	1233 Oxford	0.5
Northamptonshire	1233 Kings Heath	0.2
S & Central Cambridgeshire	1233 Chesterton Fen	0.5
South East Suffolk & NE Essex	1215 Manningtree	1.2
East Norfolk & NE Suffolk	1242 Postwick	0.5
Lincs, Peterborough, KingsLynn	1197 Trowell	0.5
Nottingham and Derby area	1242 Sideway	0.4
Stoke-on-Trent area	1197 Wallasey	200
Merseyside and North Clwyd	1215 Moorside Edge	0.3
NW England & Yorkshire	1233 Sheffield	0.32
Sheffield, Roth., Chesterfield	1242 Hull	1
Humberstone	1242 Stockton	2.2
Cleveland, S Durham, N Yorks	1215 Wrekenton	100
Tyneside, N Durham, S Nthmb	1242 Westerglen	0.5
Central Scotland	1215 Dundee	2.3
East Tayside	1215 Redmoss	16
Aberdeen and East Grampian	1215 Lisnagarvey	

92% daytime coverage
Marginal reception is available in most of the rest of the UK except NW Scotland, W Northern Ireland, South Scotland and North Cumbria and parts of Cornwall and the Cardigan Bay area

Absolute Radio Extra

Sport and special programming (Including AM programmes when Absolute splits AM and FM output)
DAB: Digital One national multiplex (mono, part-time)

ABSOLUTE 80S

Format: 80s Rock and Pop Music

Broadcaster: TIML

DAB: Digital One national multiplex

Satellite 0200/726

Airdate: 2009

ABSOLUTE 90S

Format: 90s Rock and Pop Music

Broadcaster: TIML

DAB: Digital One national multiplex (mono, part-time)

Berkshire & N Hants (DAB, m) Essex (DAB, m)

Bristol & Bath (DAB, m) London (DAB, m)

Cardiff & Newport (DAB, m) Swindon (DAB, m)

Satellite 0203

Airdate: 2010

AMAZING RADIO

Format: New Music

Broadcaster: Independent

DAB: Digital One national multiplex (mono)

Airdate: 2009

BFBS

Format: Contemporary and Adult Contemporary Music

Broadcaster: Independent

DAB: Digital One national multiplex

Satellite 0211/786

Airdate: 4/2009 on National DAB. Station has broadcast to overseas forces for many decades

CHOICE

Format: Rhythm

Broadcaster: Global Radio

Bristol & Bath (DAB)

Cardiff & Newport (DAB)

London (FM, DAB)

West Midlands (DAB)

Airdate: 31/3/1990 (London FM), 31/7/2001 (Digital - Urban Choice), Merged 2004

CLASSIC FM

Format: Light Classical Music with News and Talk

Broadcaster: Global Radio

FM: 99.9 - 101.9 MHz, see table

DAB: Digital One national multiplex

Northern Ireland multiplex

Satellite 0106/721, Cable 922

Airdate: 7/9/1992

Classic FM Area	MHz Site	kW
London & South East England	100.9 Wrotham	125
London area	100.6 Crystal Palace	2
Reading	101.8 Hemdean	0.5
East Kent	101.8 Dover	4.2
Brighton and Worthing area	101.9 Whitehawk Hill	0.5
Central Southern England	100.3 Rowridge	250
Devon and East Cornwall	100.0 North Hessay Tor	160
West Cornwall	101.5 Redruth	10
South Wales & West England	101.7 Wenvoe	250
Bristol	101.4 Pur Down	0.2
Bath	100.2 Bath	0.2
Swindon area	100.8 Blunsdon	0.72
Herefordshire and Gloucester	100.4 Ridge Hill	4.8
Swansea area	101.3 Kilvey Hill	1
Pembrokeshire, W Carmar	100.5 Presely	7.3
Ceredigion	101.1 Blaenplwyf	10
West and North Gwynedd	100.7 Arfon	18.75
North Clwyd & NE Gwynedd	101.6 Great Ormes Head	2.5
Midlands	100.1 Sutton Coldfield	250
Oxon, Bucks, Berks, S Midlands	101.3 Oxford	46
Milton Keynes and West Beds	100.4 Bow Brickhill	10
Cambs, Beds, S Lincs, E Nthnts	101.9 Peterborough	40
Norfolk and Suffolk	101.5 Tacolneston	250
Lincolnshire & Humberside	100.5 Belmont	6.4
NW England & Yorkshire	101.1 Holme Moss	250
Sheffield and Rotherham	101.7 Sheffield	0.5
Leeds	101.6 Beecroft Hill	0.3
Bradford	100.3 Idle	0.5
S Cumbria & NW Lancashire	101.8 Morecambe Bay	6.4
Cleveland and South Durham	101.6 Bilsdale West Moor	2
North East England	100.3 Pontop Pike	130
West Tyneside & Tyne Valley	101.0 Fenham	0.05
North Cumbria & SW Scotland	99.9 Sandale	250
Isle of Man	100.2 Douglas	1.0
Border Region	100.9 Selkirk	5.4
Central Scotland	101.7 Black Hill	250
Ayrshire	101.3 Darvel	8
East Tayside and East Fife	100.1 Angus	10.625
Grampian Region	100.5 Meldrum	150
Inverness & Moray Firth area	101.4 Mounteague	11
East & Cent. Northern Ireland	101.9 Divis	250
Derry area	100.5 Londonderry	31

95% stereo coverage, (99% mono)
Marginal reception is available in most of the rest of the UK except Powys and parts of NW Scotland

GOLD

Format: Oldies Music

Broadcaster: Global Radio

National Service:

London (AM, DAB)

Central Scotland (DAB)

Humberside (DAB)

Lancashire (DAB)

Leeds & Wakefield (DAB)

Satellite 0121/722, Cable 959

With Local News:

Berkshire, N Hants (AM, DAB)

Bournemouth (AM, DAB)

Bristol & Bath (AM, DAB)

East Midlands (AM, DAB)

East Surrey & N Sussex (AM)

Essex (AM, DAB)

Exeter & Torbay (DAB)

Gloucestershire (AM)

Hampshire (AM, DAB)

Herts, Beds, Bucks (AM)

Kent (AM, DAB)

Merseyside (DAB)

South Yorkshire (DAB)

Teeside (DAB)

Tyne & Wear (DAB)

Leicester (DAB)

Manchester (AM, DAB)

Norfolk (AM, DAB)

Northamptonshire (AM)

Peterborough (AM, DAB)

Plymouth (AM, DAB)

Suffolk (AM)

Sussex (AM, DAB)

Swindon (AM, DAB)

West Wiltshire (AM, DAB)

Gold West Midlands (opts outs 4 hours + News)

West Midlands (AM, DAB)

Gold South Wales (opts outs 4 hours + News)

South Wales (AM, DAB)

Airdate: 28/11/1988 (Capital Gold London), 1990 (Classic Gold Network), 1990 (Supergold Network), 1996 (Supergold merged into Classic Gold), 1/6/1998 (Capital Gold Network), 8/2007 Merger of Capital and Classic Gold Networks to form Gold. 28/6/2010 most local programming ended

HEAT

Format: Adult Pop Music

Ayr (DAB)

Birmingham (DAB)

Dundee & Perth (DAB)

Edinburgh (DAB)

Glasgow (DAB)

Humberside (DAB)

Lancashire (DAB)

Leeds & Wakefield (DAB)

London (DAB)

DTT 714

Airdate: 10/2003

Broadcaster: Bauer

Manchester (DAB)

Merseyside (DAB)

Northern Ireland (DAB)

South Yorkshire (DAB)

Stoke (DAB)

Swansea (DAB)

Teeside (DAB)

Tyneside (DAB)

West Yorkshire (DAB)

JAZZ FM

Format: Smooth Jazz and Jazz Music

Broadcaster: GMG and TLRC

Glasgow (DAB)

London (DAB)

Satellite 0202/729

Airdate: 9/2008 (the original Jazz FM broadcast 4/3/1990 to 7/6/2005)

North West (DAB)

West Midlands (DAB)

KERRANG RADIO

Format: Modern Rock Music

Aberdeen (DAB)

Central Scotland (DAB)

Humberside (DAB)

Lancashire (DAB)

Leeds & Wakefield (DAB)

London (DAB)

West Midlands (FM, DAB - with regional news and info)

DTT 722

Airdate: 10/2002

Broadcaster: Bauer

Manchester (DAB)

Merseyside (DAB)

South Yorkshire (DAB)

Teeside (DAB)

Tyneside (DAB)

KISS

Format: Dance and Rhythm Music

Broadcaster: Bauer

Berkshire & N Hants (DAB)

Bournemouth (DAB)

Bristol & Bath (DAB)

Cornwall (DAB)

Coventry (DAB)

Essex (DAB)

Exeter & Torbay (DAB)

Humberside (DAB)

Lancashire (DAB)

Leeds & Wakefield (DAB)

Satellite 0178, DTT 713, Cable 963

Kiss 101 (currently opts outs 7 hours + News)

Severn Estuary (FM, DAB)

Kiss 105-108 (currently opts outs 7 hour + News)

Cambridge (FM, DAB) Peterborough (FM, DAB)

Norfolk (FM, DAB) Suffolk (FM)

Airdate: 1/9/1990 (London), 6/2000 (Network)

LBC

Format: Classic Rock and Rock Music

With Regional News and Information

Broadcaster: Global Radio

Edinburgh (DAB, mono)

Glasgow (DAB, mono)

London (FM, DAB, mono)

North East (DAB, mono)

Satellite 0124

Airdate: 6/10/1973 (London), 9/2006 (Network, replacing Digital News Network stations)

North West (DAB, mono)

Severn Estuary (DAB, mono)

West Midlands (DAB, mono)

Yorkshire (DAB, mono)

PLANET ROCK

Format: Classic Rock Music

Broadcaster: Independent

DAB: Digital One national multiplex

Satellite 0110/730, Cable 924

Airdate: 15/11/1999

PREMIER CHRISTIAN RADIO

Format: Christian
Broadcaster: London Christian Radio
DAB: Digital One national multiplex (mono)
London (AM)
Satellite 0123, DTT 725, Cable 968
Airdate 10/06/1995 (London AM), 21/9/2009 (National DAB)

RTE RADIO 1 (EXTRA)

Format: Talk with Soft, Easy, Irish and Country music
Broadcaster: RTE (Based: Dublin)
AM: Ireland, Scotland, Wales, North, Central & West England
252 *Clarkestown* 300

75% UK coverage

Marginal reception is available in the rest of England
Republic of Ireland (FM, AM) -see *Ireland section*
Satellite 0142
Airdate: 17/3/2004 on 252 (previously carried Atlantic 252 1/9/1989-31/12/2001, Teamtalk 252 25/2/2002-31/7/2002)

SMOOTH RADIO

Format: Oldies and Easy Listening Music
Broadcaster: GMG
DAB: Digital One national multiplex
London (FM)
Satellite 0128, DTT 718, Cable 916
With Regional News:
East Midlands (FM, DAB) North West (FM, DAB)
Birmingham (DAB, mono) West Midlands (FM, DAB)
North East (FM, DAB) West Midlands (FM, DAB)
Smooth Radio Scotland (opts outs 10 hours + News)
Glasgow (FM) and Central Scotland (DAB)
Airdates: Smooth Radio: 26/3/2007 (London, E & W Mids, Scotland, Network), Autumn 2007 (NW, NE), National service 4/10/2010. See local entries for more information.

SUNRISE RADIO

Format: Asian
Broadcaster: Sunrise Radio
Bradford and Glasgow/Edinburgh opt-out
Birmingham (DAB, mono) Coventry (DAB, mono)
Edinburgh (DAB, mono) Glasgow (DAB, mono)
London (AM, DAB, mono) Wolves & Shrops (DAB, mono)
Satellite 0133
Sunrise Radio Yorkshire Bradford (FM, DAB)
Airdate: 5/11/1989 (London), 9/12/1989 (Bradford)

TALK SPORT

Format: Sport and Talk
Broadcaster: UTV
AM: 1053, 1071, 1089, 1107 kHz MW, see table
DAB: Digital One national and multiplex (mono)
Northern Ireland multiplex (mono)
Satellite 0108, DTT 723, Cable 927
Airdate: 14/2/1995 as Talk Radio (Talk and News format), Sport phased in 1998-2000. Talk Sport from 17/1/2000

Talk Sport AM Area	kHz	Site	kW
London & South East England	1089	Brookmans Park	400
West Kent, N Sussex, E Surrey	1053	Rusthall, Tonbridge	4
North Sussex and East Surrey	1107	Gatwick	1
South East Kent & S East Sussex	1107	Lydd	2
Brighton and South Sussex	1053	Southwick, Brighton	2.2
S Hampshire & Isle of Wight	1107	Fareham	1
Bournemouth area	1053	Bournemouth	1
Exeter area	1053	Exeter	1
Torbay area	1107	Occombe, Torbay	1
Plymouth area	1053	Plumer Barracks	1
West Cornwall	1089	Redruth	2
South Wales & West England	1089	Washford	80
Central England	1053	Droitwich	500
Norfolk and Suffolk	1053	Postwick	18
Lincs, Peterborough, KingsLynn	1107	Boston	1
Nottinghamshire, E Derbyshire	1071	Clipstone	1
Merseyside and North Clywd	1107	Wallasey	0.5
NW England, Yorks, N Wales	1089	Moorside Edge	400
Humberside	1053	Hull	1
Cleveland, S Durham, N Yorks	1053	Stockton	1
Tyneside, N Durham, S Nthmb	1071	Wrekenton	1
SW Scotland, N & W Cumbria	1053	Dumfries	10
Central Scotland	1089	Westerglen	125
East Tayside	1053	Dundee	1
Aberdeen and East Grampian	1089	Redmoss	2.2
North Scotland	1053	Rosemarkie	1
Belfast & East Northern Ireland	1089	Lisnagarvey	12.5
Derry area	1053	Londonderry	1

96% daytime coverage

Marginal reception is available in most of the rest of the UK except parts of NW Scotland and Fermanagh

UCB UK

Format: Christian
Broadcaster: UCB
DAB: Digital One national multiplex (mono)
Northern Ireland (DAB, mono)
Satellite 0125, Cable 914
Airdate 26/04/1993 (Analogue satellite), DAB from 2007

UCB GOSPEL

Format: Christian Talk
Broadcaster: UCB
London (DAB, mono) Severn Estuary (DAB, mono)
North East (DAB, mono) West Midlands (DAB, mono)
North West (DAB, mono) Yorkshire (DAB, mono)
Satellite 0135
Airdate 2001 (satellite), DAB from 2007

UCB INSPIRATION

Format: Christian Soft
Broadcaster: UCB
London (DAB, mono) Stoke-on-Trent (DAB, mono)
North East (DAB, mono) West Midlands (DAB, mono)
North West (DAB, mono) Yorkshire (DAB, mono)
Severn Estuary (DAB, mono) Satellite 0136
Airdate 2001 (satellite), DAB from 2007

XFM

Format: Modern Rock Music
Broadcaster: Global Radio
London (FM, DAB) Nottingham (DAB)
Berkshire & N Hants (DAB) Peterborough (DAB)
Birmingham (DAB) Plymouth & Cornwall (DAB)
Bournemouth (DAB) Severn Estuary (DAB)
Cambridge (DAB) South Hampshire (DAB)
Central Scotland (DAB) Sussex Coast (DAB)
Coventry (DAB) Teeside (DAB)
Essex (DAB) Tyneside (DAB)
Exeter & Torbay (DAB) Wiltshire (DAB)
Kent (DAB) Wolves & Shrops (DAB)
Leicester (DAB) Yorkshire (DAB)
Norfolk (DAB) Satellite 0113/723, Cable 965
XFM Manchester (opts outs 7 hours + News)
Manchester (FM, DAB) Merseyside (DAB)
*Airdate: 1/9/1997 (London), 6/2000 (Network)
23/1/2006 Absorbed Storm network (airdate 31/1/2001)*

Major Chains

CAPITAL FM

Format: Contemporary Hit Music
Broadcaster: Global Radio
Stations broadcast local output Mon-Fri 06-10, 16-19, plus 4 hours on Sat and Sun, and local news and information.
Capital FM (London) London (FM, DAB),
Berkshire & N Hants (DAB) Peterborough (DAB)
Cambridge (DAB) Severn Estuary (DAB)
Essex (DAB) Swindon (DAB)
Norfolk (DAB) West Wiltshire (DAB)
Satellite 0112/719 Cable 919
Capital FM (East Midlands) Derby (FM)
Leicester (FM, DAB) Nottingham (FM, DAB)
Capital FM (North East) North East (FM, DAB)
Capital FM (North West) Manchester (FM)
North West (DAB)
Capital FM (Scotland) Central Scotland (FM, DAB)
Capital FM (South Coast) South Hampshire (FM, DAB)
Bournemouth (DAB) Kent (DAB)
Cornwall (DAB) Plymouth (DAB)
Exeter & Torbay (DAB) Sussex Coast (DAB)
Capital FM (South Wales) South Wales (FM, DAB)
Capital FM (West Midlands) Birmingham (FM)
West Midlands (DAB)
Capital FM (Yorkshire) Yorkshire (FM, DAB)
Airdate: 16/10/1973 (Capital Ro) 27/1/1991 (First Galaxy station), 2009 (Galaxy Net), 3/1/2011 (Capital FM Network)

HEART

Format: Adult Contemporary Music
Broadcaster: Global Radio
FM/DAB and FM only stations broadcast local output Mon-Fri 06-10, 13-19, plus 4 hours on Sat and Sun, together with local news and information
Heart London London (FM, DAB),
Satellite 0111, Cable 918
Heart Cambridgeshire Peterborough (FM, DAB)
Cambridge (FM, DAB)
Heart Cymru
Heart Devon Exeter & Torbay (FM, DAB)
North Devon (FM), Plymouth (FM, DAB), South Devon (FM)
Heart East Anglia Suffolk (FM)E Norfolk (FM, DAB)
Heart Essex Essex (FM, DAB)

Heart Gloucestershire Gloucestershire (FM)
Heart Hertfordshire SW Herts (FM)
Heart Home Counties Bedfordshire (FM), Herts, S
Beds, E Bucks (FM), Northants (FM), Milton Keynes (FM)
Heart Kent Kent (FM, DAB)
Heart North West and Wales Wirral (FM)
North Wales (FM) Wrexham and Chester (FM)
Heart South Coast South Hampshire (FM, DAB),
Bournemouth (FM, DAB)
Heart Thames Valley Berkshire & N Hants (FM, DAB)
Oxfordshire (FM)
Heart Sussex East Surrey & N Sussex (FM)
Sussex (FM, DAB)
Heart West Country Bath (FM, DAB),
Bristol (FM, DAB) Somerset (FM)
Heart West Midlands West Midlands (FM, DAB)
Heart Wiltshire Wiltshire (FM, DAB)
Heart Digital Central Scotland (DAB)
North East (DAB) North West (DAB)
Severn Estuary (DAB) Yorkshire (DAB)
Also on DTT 728 – different stations in different regions
Airdates: 1/9/1994(WM), 5/9/1995(London), 23/9/1997 (E Mids), 31/7/2001(Digital), 2009 (Rebranding of others to Heart), 7-8/2010 merger of some stations

MAGIC

Broadcaster: Bauer
Magic 105.4
Format: Soft Adult Contemporary and Oldies Music
Aberdeen (DAB) London* (FM, DAB)
Ayr (DAB) Norfolk (DAB)
Birmingham (DAB) Northern Ireland (DAB)
Cambridge (DAB) Peterborough (DAB)
Dundee & Perth (DAB) Stoke (DAB)
Edinburgh (DAB) Sussex Coast (DAB)
Glasgow (DAB) Swansea (DAB)
Kent (DAB) West Yorkshire (DAB)
Satellite 0180, DTT 715, Cable 928
Magic AM
Format: Oldies Music
Stations broadcast local output Mon-Fri 06-10 plus local news and information.
Humberside (AM, DAB) Merseyside (AM, DAB)
Lancashire (AM, DAB) South Yorkshire (AM, DAB)
Leeds, Wakefield (AM, DAB) Teeside (AM, DAB)
Manchester (AM, DAB) Tyneside (AM, DAB)
Airdates: various – see local listings

REAL RADIO

Format: Adult Contemporary Music and Talk
Broadcaster: GMG
Real Radio (North East) North East (FM, DAB)
Real Radio (North West) North West (FM, DAB)
Real Radio (Scotland) Central Scotland (FM, DAB)
Real Radio (South Wales) South Wales (FM)
Severn Estuary (DAB)
Real Radio (North Wales) North & Mid Wales (FM)
Real Radio (Yorkshire) Yorkshire (FM, DAB)
Real Radio (Digital) Satellite 0146

TRAFFIC RADIO

Format: Traffic News
Broadcaster: Highways Agency (Government)
Traffic Radio (South East) Berkshire & N Hants (DAB)
Cambridge (DAB) Essex (DAB)
Kent (DAB) London (DAB)
South Hampshire (DAB) Sussex Coast (DAB)
Traffic Radio (South West) Bournemouth (DAB)
Bristol & Bath (DAB) Exeter & Torbay (DAB)
Plymouth & Cornwall (DAB) Wiltshire (DAB)
Traffic Radio (Midlands) Birmingham (DAB)
Coventry (DAB) Leicester (DAB)
Norfolk (DAB) Nottingham (DAB)
Peterborough (DAB) Stoke (DAB)
Wolves & Shrops (DAB) Birmingham NEC 1386 AM
Traffic Radio (North West) Lancashire (DAB)
Manchester (DAB) Merseyside (DAB)
Traffic Radio (North East) Humberside (DAB)
Leeds & Wakefield (DAB) South Yorkshire (DAB)
Teeside (DAB) Tyneside (DAB)
West Yorkshire (DAB)
Airdate: 28/6/2007